Happy December and year end,

I hope this season finds you well. I know it can be a crazy time of year!

At work we are all trying to wrap up projects, finalize budgets and get homes completed by year end.

We are buying presents and going to parties and doing more baking then we have done all year.

The calendar is full of events for the kids, events from work, events from friends and neighbors.

In the midst of the chaos I hope you are able to stop and look around. Let the people in your life that are there everyday know how much their contribution to your chaos means to you.

With that being said, I want to let the wonderful women that are NAWIC Pikes Peak Chapter 356 know that you are all so precious to me. Thank you all for being who you are. Without each and every one of you this chapter just wouldn’t be the same.

I hope to see you all at Staci’s for our Christmas party on Dec. 12th.

Merry Christmas,

Valerie Bates
President
Pikes Peak Chapter 356
Standing Committee Chairs 2018-2019

Professional Development & Education – Michelle Lipke 719-570-1774 m.lipke91@gmail.com
Membership & Marketing – Samantha Walter 719-649-2739 samantha.walter@ramparttile.com
Finance – Naomi Kidd (past)/Staci Calderon (current) 719-339-5887 scalderon@rusinltd.com

Chapter Functions 2018-2019

Historian – Kristen Ibarra 719-203-3323 kibarra@rmg-engineers.com
Web Site – Adele Swift 719-269-1173 aswift@tezakheavyequipment.com
Occupation Research/Referral – Alyssa Vernon 719-570-1774 alyssav@centralstatesroofing.com
Parliamentarian – Karen Mitchell 719-686-7482 kem0513@aol.com
Centerline Editor – Staci Calderon 719-339-5887 scalderon@rusinltd.com

“We can do it.” – Rosie the Riveter

Special Committee Chairs 2018-2019

Block Kids – Naomi Kidd 719-632-9868 nrkidd4ppc356@outlook.com
Bylaws – Karen Mitchell, CBT, CIT 719-686-7482 kem0513@aol.com
CAD Competition Berni and Angelique. 719-599-7710. bmount@nunnconstruction.com
NEF – Karen Mitchell. 719-686-7482. kem0513@aol.com
Social Media – Kristen Ibarra. 719-203-3323. kibarra@rmg-engineers.com
Scholarship – Katie Trapp. 719-635-0902. kt_trapp@yahoo.com
Strategic Planning – Kristen Ibarra. 719-203-3323. kibarra@rmg-engineers.com
Fundraising – OPEN

WIC Week – Jennifer Walker. 719-546-6829. jennifer.walker@hubinternational.com

Board 2019-2020

President
Valerie Bates

President-Elect
Ally Jencson

Vice President
Kristen Ibarra

Recording Secretary
Tammy Pascual

Treasurer
Staci Calderon

Directors
Amy Christiansen
Alyssa Vernon
Samantha Walter
Welcome to our New Member
Jenessa with Central States Roofing!

Other Exciting News

Congrats to Valerie Bates for
5 years as a member!
Available Chair Position

Fundraising

NAWIC Chapter 356 is looking for a Fundraising Committee. One Committee Chair and two additional members. An exciting opportunity to help our chapter get creative raising money and to help plan great activities. If you are interested or want to learn more, reach out to Valerie.

“We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free.” – Kavita Ramdas

READ ALL ABOUT IT…

Click to preview

NAWIC Today publication

Available for print or digital for purchase.

This issue is all about Women in Construction Awareness! We share stories of how various chapters from across the country celebrated and brought attention to our association, plus offer ways to spur the momentum beyond our week-long efforts to continue the conversations about women in construction! We’ll hear from NAWIC Secretary Jill Hanson, CIT, on how to identify and appreciate your tribe. We’re also incredibly proud to share about member...
Thank you to Naomi Kidd for service on the board as Treasurer! We appreciate all you have done for our Chapter! Due to personal obligations and time constraints Naomi will be resigning and Staci will be taking the role as the Chapter Treasurer through the end of term. Thank you again Naomi!!

Thank you to our phenomenal presenter with RTA Architects, Sheva Willoughby.

Great presentation regarding Biophilic Design!
Upcoming Forums

Spring Forums 2020

South Atlantic – Staunton, VA March 26-29
Midwest – Wichita, KS April 17-18
South Central – Ft Worth, TX April 17-18
Pacific Northwest – Boise, ID April 24-25
Pacific Southwest – Phoenix, AZ April 24-25
North Central – Grand Rapids, MI May 1-2
Southeast – Tampa, FL May 1-2
Northeast – Hershey, PA May 15-16

Member Meeting

Thank you to our phenomenal presenter with RTA Architects, Sheva Willoughby.

Great presentation regarding Biophilic Design at our November member meeting!
Membership Benefits

Ever wonder if you are getting value out of being a NAWIC member?

1. Professional Opportunities
2. Educational Opportunities
3. Business Opportunities
4. Employer Benefits of NAWIC Membership
5. Investment Dollars and Sense

“My NAWIC membership has given me the opportunity to expand my knowledge of the construction industry. Programs and workshops at chapter meetings, regional conferences and national conventions have improved my professional and personal skills. To sum it all up, I’ve been educated, enlightened, enriched, energized and entertained by belonging to this Association.”

~ Christine Parsons, CIT, Bluegrass, Ky., Chapter

The Value of a NAWIC Membership!

(Click here to read about the value in detail)

National Level Website

NAWIC.org

CHECK OUT THE NEW AMAZING Website!

National Newsletter:

THE CONNECTION

Pacific Southwest Region Website

Visit our regional website.

Educational Corner

No Upcoming Webinars this month.

Missed a webinar from the past? Click here for the archive!

Education Resources... Click here
December 2019

OSHA Committee Report

The Most Wonderful Time of the Year?

According to a 2016 study by the Center for Disease Control (CDC), the construction industry sadly ranks first in total suicides and second in suicide rate compared to all other industries in the United States. In response, OSHA has recently published a webpage with resources to help prevent suicides in the construction industry. At the top of the new “Preventing Suicides” webpage are three suicide prevention lifelines:

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Red Nacional de Prevencion del Suicidio (Spanish Speaking): 1-888-628- 9454

Crisis Text Line: Text “hello” to 741741

In addition to the lifelines above, OSHA’s webpage also includes resources from trusted organizations about suicide prevention and opioid deaths, including the American Foundation for Suicide Prevention, The Center for Construction Research and Training (CPWR), the CDC’s Suicide Prevention Webpage, and Construction Working Minds, among others. Find more information about OSHA suicide prevention resources here: https://www.osha.gov/preventingsuicides/

AGC AND AUTODESK LAUNCH GRANT PROGRAM TO HELP FIRMS PROVIDE SAFETY HARNESS DESIGNED WITH WOMEN IN MIND

AGC Member Firms Can Apply for Grants Between Now and January 10, 2020.

AGC of America and Autodesk is launching a new, $75,000 grant program to help member firms provide safety harnesses for women. The grant program is designed to help firms attract more women into the construction profession while continuing to meet the highest levels of workplace safety. As part of that effort, winning firms will be selected based on their ability to leverage relatively small grant awards to attract more women and provide them with appropriately sized safety harnesses. AGC is accepting applications until January 10, 2020.

Apply here: https://www.agc.org/industry-priorities/safety-health/agc-autodesk-safety-harness-grant-program

For more information contact: Kevin Cannon at 703-837-5410 or kevin.cannon@agc.org, or Nazia Shah at 703-837-5409 or nazia.shah@agc.org
OSHA Training Toolbox Talk: Basic Scaffold Safety – Avoiding Electrical Hazards on Scaffolding

[Reference 1910 Subpart D / 1926 Subpart L]

Working on scaffolding presents many potential safety hazards. And none can have more severe consequences than making accidental contact with an energized electrical conductor. There are two primary ways this occurs; workers on scaffolding making inadvertent electrical contact with overhead lines while holding conductive tools or materials, and workers who make accidental electrical contact while they erect or move scaffolding near overhead power lines.

Here are some safety tips to keep in mind to help avoid electrocution by contacting overhead electrical lines when working on scaffolds:

- Conduct an initial survey of the work area at the start of every work-shift to identify any potential overhead electrical hazards such as power lines and cables. Also look before any scaffolds are moved or rolled to a different location. Pay special attention to areas where electrical lines may be sagging, as well as to slopes or other elevation changes in the floor that can change clearance distances or make the scaffold tip or roll out of control.

- Scaffolds and other conductive items should not be used or moved within the following minimum clearance distances from exposed, energized power lines:
  - 2 feet for insulated power lines of less than 300 volts;
  - 10 feet for insulated power lines of 300 volts or more and for all uninsulated power lines.

- If it is absolutely necessary to work within these minimum safe clearance distances, notify your supervisor or the Competent Person so they can notify the utility company to have them de-energize the power lines or cover them with insulating sleeves or blankets before any work is conducted.

- Clearance between the power lines and scaffold should be monitored. If a scaffold is to be moved or erected in the general vicinity of overhead power lines, a competent worker should be assigned to observe the clearance and warn others if the minimum distance is not maintained.

- Electrically conductive tools or materials should not be used by employees working on scaffolds where they may make inadvertent contact with nearby power lines.
  - Non-conductive tools made of fiberglass or other non-conductive materials should be utilized, where possible.
  - Be aware that long pieces of materials, such as pipes, conduit, gutter, and similar objects commonly handled on scaffolds are often made of conductive materials.

These are just a few important safety tips that can help us avoid electrocutions when working on scaffolds. Can anyone think of some others that that you would like to discuss today?

Thank you for your participation. Please make certain you sign your name on the training certification form so you get credit for attending today’s toolbox training session on this topic.

Free toolbox talk provided courtesy of www.oshatraining.com. Copyright 2019. Not to be sold, altered, or displayed for profit on any commercial website.
Yes! I would like to partner with NAWIC Chapter #356 to help fund educational and service projects in the construction industry within our community. I understand my sponsorship will also help with NAWIC Education Foundation programs held throughout the year.

Build It Up Sponsorships at all levels include company logo on the first page of the chapter website, a link to company on the chapter website, a business card sized ad and link on the NAWIC Pacific Southwest Region website, recognition at each chapter meeting and event, and other benefits as outlined below.

I would like to support the Pikes Peak NAWIC Chapter #356 at the following level:

**Build It Up Bronze - $250.00**  
Includes all of the items above plus a 1/4 page ad in the monthly chapter Centerline newsletter.

**Build It Up Silver - $500.00**  
Includes all of the items above plus a 1/2 page ad in the monthly chapter Centerline newsletter.

**Build It Up Gold - $1,000.00**  
Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter.

**Build It Up Platinum - $1,500.00**  
Includes all of the items above plus a full page ad in the monthly chapter Centerline newsletter and one annual chapter membership.

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Mail to:  
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PO Box 7455  
Colorado Springs, CO 80933

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www.olsonph.com
We are offering you an opportunity to advertise in our monthly NAWIC Newsletter "The Centerline"

The Colorado Springs newsletter is distributed to our members, posted on our website, sent to our Regional Director and is available on the NAWIC Region 8 website.

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Your ad will run for one full year from the time of receipt. Send your business card or copy and check to:

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Thank you for your support of Colorado Springs NAWIC Chapter #356

NAWIC Benefit Is A Two Way Street!!!

Remember that for only $15 per year you can advertise your company OR show your personal support to the Pacific Southwest Region Fund? Provide a business card or a Logo of your company and a statement of 75 words or less about your company and we will ask our Web Wizard Will to put it on the site for you from now thru next September... How? It’s easy...

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   Cedar City, Utah 84721
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